

# Basil Pesto

## YIELD: 8 SERVINGS

Gluten-free

## RECIPE CUSTOMIZATION

To make it dairy-free, swap butter and cheese with dairy-free alternative

To make it low-FODMAP, omit garlic

## INGREDIENTS

2 cups fresh basil leaves, lightly packed

½ cup Parmigiano-Reggiano cheese, freshly grated

⅓ cup pine nuts

2 cloves garlic, peeled and trimmed

¼ cup water

¼ cup extra virgin olive oil

Salt, kosher (to taste)

Black pepper (to taste)

## DIRECTIONS

1. Place basil (2 cups), Parmigiano-Reggiano cheese (½ cup), pine nuts (⅓ cup), garlic (2 cloves), and water (¼ cup) in a small food processor or blender.
2. Run blender on low until ingredients are broken down and combined but still slightly chunky.
3. Add olive oil (¼ cup) while running blender to combine.
4. Taste and adjust with salt and pepper to suit your liking.



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### NUTRITION FACTS

Serving size 1 (1.4oz)

Amount Per Serving	40g
<b>Calories</b>	<b>128</b>
<b>% Daily Value</b>	
<b>Total Fat 12.4g</b>	<b>19%</b>
Saturated Fat 2.2g	11%
Cholesterol 5mg	2%
Sodium 405mg	17%
<b>Total Carbohydrate 3g</b>	<b>1%</b>
Dietary Fiber 0g	2%
Sugars 0g	
<b>Protein 3g</b>	<b>6%</b>
Vitamin A	8%
Vitamin C	6%
Calcium	7%
Iron	3%